

*Native Hawaiian Breast Cancer Survivors
"Talking Story"*

The 'Ohana's Role in Supporting Loved Ones with Breast Cancer



This booklet is dedicated to Daveanna “Steady” Kaowili (1951-2000) and Beatrice Rosa (1928-2001); Your courage and activism in the area of breast cancer prevention education has inspired us. This booklet is dedicated to you and to your ‘ohana.



Mahalo piha to our Native Hawaiian breast cancer survivors and their ‘ohana. May their stories encourage us to care for and value our loved ones, and ourselves just as much as we care for and value our ‘ohana.

Gloriann Akau, & Kauai Lewis
(daughter), Hawai‘i

Gwendolyn Pua Borerro & Earl
Nakoa (significant other), Lāna‘i

Abigail H. L. Burgess, Moloka‘i

Leni Hokoana English, Glen
(husband), Maka‘io (son),
Manalani (daughter), & Juanita
“Queenie” Hokoana (mother),
Maui

Cindy Leimomi Goodness &
Tammy Kaneshiro (friend), O‘ahu

Keikilani Harada & Wayne
Harada (husband), Kaua‘i

Karen Joao & Hazel Kaakimaka
(sister), Moloka‘i

Susan Kahawai, Henrietta “Iwi”,
Nancy, & Vanessa Kahawai,
Delphine Rabanes, Karen Noa
(sisters), Trisha Noa (niece),
O‘ahu

Daveanna M. “Steady” Kaowili,
Aloha Planesi (auntie), Elisia
Valentine (niece), Maui

J. Mahealani McClellan, O‘ahu

Beatrice H. Rosa, O‘ahu

Pele Hanoa & Keolalani Hanoa
(daughter), Hawai‘i



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Mahalo to all for providing valuable input.

When we heard Mama had cancer all we could do was our... traditional prayers. And... we would go to different places, power places for our family and sit and pray and ask [our ancestors for] help... And that's inspiration. But I think it comes from our firm cultural base, our belief in the spiritual world and our aumakua that we are able to... cope with things like this or catastrophes without flipping out.

Keolalani Hanoa, daughter of Pele Hanoa



**Be there to help her out
even if she says,
"I don't need."**



I guess the way [Mom] talked, she didn't need anybody to come with her [to the doctor]. She just didn't want to say it. It's like Hawaiians when they say, "Oh you like eat?" You don't ask, you just make the plate and give it to them. Just make the time, just... do it.

Maui Lewis, daughter of Gloriann Akau

Whenever [Leni] asks, I'm always there. And this is how she would ask, "Oh mom, what's your schedule today?" You see, she doesn't want to [ask directly]... Anything she wants, I'm there.

*Juanita "Queenie" Hokoana,
mother of Leni English*



Being there for her can mean:

listening to her, making dinner for her and the kids, praying, using humor, taking her to special places...

[I did] a lot of listening. Cindy would tell me what the treatment was like, how she was feeling. She would... tell me about the process that she was going through.

*Tammy Kaneshiro,
best friend of Cindy Goodness*



I changed her bandage, [and asked] “Mama what you ono for eat?”

You know in my Mom’s recovery, the best healing for her was coming back to the `āina.

*Keolalani Hanoa,
daughter of Pele Hanoa*



[Karen] talks to a lot of people and shows them her operation [on her breast]. Sometimes I have to tell her to put her blouse down!

Hazel Kaakimaka sister of Karen Joao

We gave moral support. Prayer. I think that’s the most important for us. Spiritual support.

Sisters of Susan Kahawai



Take Care of Your Mom!

Show mom you care and love her very much!

Well, when mom was preparing to go to the hospital, I called all my brothers and sisters and I wanted them to send me 10 of their favorite memories of mom... things that made them feel special by mom. So... all 7 of them sent, and I typed it up and put clip art on it and I made this book for her. It was like a bouquet from her children... so that she'd have a piece of everybody.

Kaui Lewis, daughter of Gloriann Akau



If she has no more breasts -
You can get more closer for a hug.
Maka'io English, son of Leni English, age 15

Maybe she has no
more hair...

Maybe she has no
more breasts...

But you can just
show her how much
you love her!

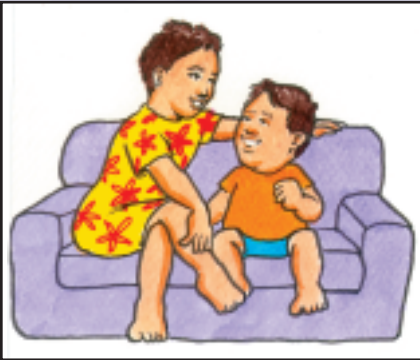
Give her a hug and
make her feel special.



What can you do to help mom?

Talk to her about something like school, something besides what she has to think of.

Manalani English, daughter of Leni English, age 12



Sitting by her,
talking to her;



Helping her put
on her bandages;



Helping her dress;



Helping with house work.

You can also help mom by doing things by yourself.

Put everything aside and support her. If you have to make snacks or bring refreshments after the game, Mom's not going to make it, you can make it yourself. Little stuff like this, just make sure mom doesn't have to do everything. Put her first.

Maka'io English, son of Leni English, age 15



**Making refreshments for
the game by yourself;**



**Picking up
after yourself;**

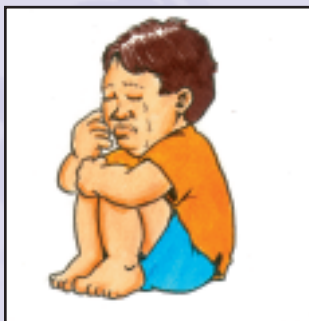


**Taking care of your
brothers and sisters.**

Take care of yourself too!



If it takes you to cry to feel better, then cry.
Manalani English, daughter of Leni English, age 12



**Is there someone
you can talk to?**

**Your friend
Your sisters and brothers
Your Auntie/Uncle
Your `ohana (family)
Your teacher...**

**Talk to someone about your mom's breast cancer.
Tell them how you feel.**

Talk-story: man to man -

You've got to be strong and be there to help your wife through breast cancer.



I would always go to the doctor with Keikilani and ask questions to the doctor... Sometimes I would leave her alone for one hour so she could cry

and think by herself.

Wayne Harada, husband of Keikilani Harada

Don't lose hope. Be positive and reassuring. Facing [breast cancer] together is easier than alone. Try to spend as much time together and go to the doctor with her. I also talked to her more.



*Glen English,
husband of Leni English*

Stay with the lady. Put power on yourself and take what comes. Get strong with your partner; try [your] best to help. I went everywhere with her... I traveled [off island] with her for [the] operation. I cried when I heard she was sick. I needed patience to take care of her.



*Earl Nakoa,
significant other of Gwen Borrero*

Doing things lovingly is important.

We always smiled and kept our spirits up...
We always found a reason to look forward to
tomorrow... Our plan was that we weren't going to
make [Steady] feel sick...we always smiled.

*Elisia Valentine,
niece of Daveanna "Steady" Kaowili*

Just be there. Love them because you only have
them in that moment in time. Cherish them and be
there. Show them how you really feel about them.

Be there and don't let them give up.

*Aloha Planesi, Aunt of Daveanna
"Steady" Kaowili*

At least once a month [my brothers
and sisters] would spend time with [our
Mom] so she knows we value her so much.

*Kaui Lewis,
daughter of Gloriann Akau*

I think the thing that I
would suggest the most is
to do [things] lovingly. I
think what happens is that
people take things as a mat-
ter of fact. OK, so I made her break-
fast, so I got her the newspaper and
think nothing about it. But you got to
do it with love. If I sat and talked to
my daughter, she would sit and mas-
sage my feet, you know, you got to go
the extra mile to [let someone know]
they're wanted.

Gloriann Akau, 3-year survivor



Remember to take care of yourself because you are important to her right now...

- Do things that support you, whether it be prayers or going to special places.
- Talk-story with people who have gone through this before. You may be surprised at how much you share with them.
- It's a challenging time for you. Talk to somebody.
- Understanding more about breast cancer might ease your mind if you ask questions of the health care provider during her check up.



We have the ocean to let it go. Water is healing... it helps you deal with your emotions - you know, wash away. Just sitting down, talking story and visiting special places...

*Keolalani Hanoa,
daughter of Pele Hanoa*

...Take couple of deep breathes and then pray. [I] still had redness in the eyes from the crying but the rest of the body and mind felt better. It helped me out.

Maka'io English, son of Leni English, age 15



Also see these breast cancer booklets:

After Diagnosis: Now What and **Breast Health Care**

Getting Support

It's important to get information on breast cancer so you know what's going on!

If you don't have a health care provider call the Native Hawaiian Health Care System for assistance and for additional breast cancer booklets in this series.

Kaua'i, Ni'ihau

Ho'ōla Lāhui Hawai'i

(808) 246-3511

O'ahu

Ke Ola Mamo

(808) 845-3388

Moloka'i

Nā Pu'uwai

(808) 560-3653

Lāna'i

Ke Ola Hou O Lāna'i

(808) 565-6608

Maui

Hui No Ke Ola Pono

(808) 244-4647

Hawai'i

Hui Mālama Ola Nā 'Ōiwi

(808) 969-9220

For up-to-date cancer information call or visit these web sites:

American Cancer Society

(800) 227-2345

www.cancer.org

Cancer Information Service

(800) 422-6237

www.cancer.gov

Susan G. Komen

www.komen.org

Breast Cancer Foundation

Cancer Care

www.cancercare.org